

Stage 1. Discipline

The Jedi needs to be in full control of the faculty of the mind, before he can wield the force. “If not, force destroy Jedi,” says Yoda. Yoda says, “A Jedi’s strength flows from the Force.” And not from the mind. Go beyond the mind, be unaffected by world forms, greed and anger – they keep the Jedi from the Force.

Stage 2. Ease

Ease is an art. Unless the aspirant understands the ways to wield ease, he or she will never have sway over the **dýnami zoís**, own life force.

"Control is internal. It is the Jedi's ability to recognize the Force in himself and to use it to his benefit."

—Jedi Master Bodo Baas

Stage 3. Aretíz

This stage is to ensure the Jedi does not fall over to the dark side, and turn the force against himself. The Jedi should meditate on the word form and

sound , **αρετή**, Virtue. A brightness will arise within. **Keep the focus there**. It will rise, and if you attempt to hold it too effortfully , you will find the brightness sink. Repeatedly hold it, till the focus on it is held steady.

When the brightness seems obscured, clear the mirror of your awareness with the flow of your breath.

Stage 4. Kindness, **καλοσύνη**

“You will find only what you bring in.” – Yoda

The Jedi’s force field ought align with the greater good of good beings. For,

“Easy, the Force Find”- Yoda.

A Jedi Meditation Training manual by Dilip

Stage 4.Z. Frame Awareness, **skeletikó plaísio**

Ease the awareness and

say, **“The body exists here.”**

Now, the Jedi feels own body as beyond world affectation, platonic, its frame, perfect. In the body itself, there is no unideal sensation.

This is also described as, “**epígnosi tou skeletikou plaisíou.**” The word skeleton does not refer to the physical skeleton, but the idea of the frame, the pure form, the ideal .

The awareness of form is developed by frequently drawing awareness to the form of own form, the proprioceptive awareness playing a role at that. Whether one is walking, or standing, or seated, or in any configuration, this awareness, of the body as a whole, can be done. This art is from the east, and there is it labelled Satipatthana – and it extends to not just physical form, but the awareness, the mind, the feelings and so on. To say “the awareness exists here” is to dispel all unideal from the mind. For the true state of the mind is pure, awareness itself.

**“The dark side
clouds everything.
Impossible to see
the light, the
future is.” – Yoda**

Evoke a sense of loving
kindness, inside. This sense

has **no object**, instead it
arises from the Force, with an
ability to destroy any evil. The
sense of loving kindness, the
platonic feeling of it, is the object
of awareness, and the feeling itself
is not targeted at any object.

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Hold it at the center of the cross in
your heart. Observe, it gradually
grows and evolves out, as an orb
for some, as a force field for
others. Make sure it has no
object - it is not targeted at any.
For world objects ought not tie
down the Jedi. If an object is held
in this mediation, the impact is of
falling into a thought construct and
thus into the mind, away from
pure awareness.

Expand this to form a field filling
oneself, and own body, then the
same extends outside oneself a
feet. Extend this gradually to the
whole universe of perception. This
expanding out ought be firmly
centered on oneself, and own
physical form. There is nothing
else, but you and the you in the
Force, now. All phenomenon has
been pushed out.

Patience. Each step of this
takes weeks- years, for
some.

**“Patience you
must
have my young
Padawan.” —
Yoda**

If this training is done well,
no attacks – psychological
or otherwise – from an
enemy, the world, or any
object, will draw your
awareness away from your
own form, your body, your
self, and the Force. The idea
of loving kindness without a target
object keeps you shielded. This is a
great secret, discovered by ancient
Greek sages. Some say they

Adapted by the Jedi, this forms a
formidable foundation for the
warrior training of the Jedi.

One may verbally describe own
physical form to oneself, silent or a
bit aloud – depending on what
works. And verbally describe
current state of mind, and feelings
of the mind, sensations of the
body. The act of doing so
disassociates the awareness from
the sensation. If fear is labelled
“there exists an idea of fear on the
mind”, or anger is labelled “there
is anger on the mind,” the pure
mind is found, devoid of the anger.
Gradually, this grants Jedi power
over all forces that may affect own
form.

The form held, becomes the ideal,
and the reality is nothing but the
held form by the awareness, in
pure physics.

Now, **attempt
saying
unto
yourself,
“The Body
Is Here,”** and

discovered it in a partly damaged scroll found in the far east, records of a teaching by the Buddha. The scroll itself, the legend says, were written in a non-earthly alphabet. Jedis to this day train in what are often Zen style monasteries, in parallel dimensions on earth as well.

“A Jedi’s Strength flows from the Force”

draw awareness into the form of the body that appears here and now. Awareness of own form. Abide in that state for a while. This may also be dynamically done any time of the day, in any situation, and in an instant’s time.

Stage 5. Impermanence, Parodikótita

Contemplate the fact that the body, the mind and world phenomenon are impermanent. It is not eternal, it is not the Force itself, not the Soul of things. Contemplate anatomy, that the body appears attractive able to grant happiness, but decays in no time, and underneath a thin layer of skin is all the grossness of anatomy. That it will be one day as a decomposing corpse is inevitable, unless you transform it into the Force, the Light itself. Contemplate own anatomy as that of a decaying corpse, this generates a jolt in the awareness, that separates itself from a false identity with impermanent form. Integrate the body with the thunder of that Jolt, the bright Light of awareness. This meditation is done also as the Jedi during training keeps a monastic discipline. The body of oneself of any being just anatomy impermanent as described, does not have the ability to grant one either permanent Joy, or the strength of the force. The beyond ought be discovered and integrated with own form.

Stage 6, The Element of Wind and the Light

*“Secret, shall I tell you?
Grand Master of Jedi Order
am I. Won this job in a raffle I
did, think you? ‘How did you
know, how did you know,
Master Yoda?’ Master Yoda
knows these things. His job it
is.” - Yoda*

**“For my ally is the
Force, and a
powerful ally it is.
Life creates it,
makes it grow. Its
energy surrounds
us and binds us.
Luminous beings
are we, not this
crude matter.
You must feel the
Force around you;
here, between
you, me, the tree,
the rock,**



everywhere, yes. Even between the land and the ship.” – Yoda

The universe is one function, a mathematical form, that you feel in an aspect as own breath. It courses through the dimensional planes, where the chakra systems appear as the mathematical projection occurs. At the base of the human frame's spine is the 0th dimension, and just above the head is the awareness of the 7th dimension. All forms outside or inside are functional maps of the same.

The fundamental movement of the universe, the ether movement is also that which is labelled the breath. Own breath is a view and an aspect of that.

Thus, the nose is the spine, the tip of the nose is 0 point at the base of the spine. This breathing meditation were a fiercely guarded secret. Among the **Lapiz Lazuli** texts of the far east is found this secret breathing technique. Legend as recorded in the text, the Ekottara Agama 17.1 has Buddha teaching this secret breathing method in teaching the path of the Aryans, to his Son Rahula.

The idea is to bind the mind to the tip of the nose, the zero point and observe the breath. One may to start with, do this by keeping the awareness at the tip of the nose, and label each breath as a long one, a short one, and so on. Just observe and label, effortlessly. At times the breathing virtually disappears. Label that state as so. At times, the breath happens on its own as the plant swaying in the wind is not the movement of the plant, so the breath occurs effortlessly, it is not even an action held by oneself. At times, the mind alters the breath. Label all these states, easily, as they appear, and sit in a meditative posture. Initially, Verbalize describing the observed states, if you find it needed, as you observe the states. Spine easily erect, and if you find it comfortable to sit in the oriental style, left leg on the right, in half lotus position, left palm on the right. This may also be done seated in a chair, for a few minutes while standing up, and so on, and at anytime.

Note, that as the above meditation is done, a bright spark of awareness, the Zero point Light and view of the Force often appears at the tip of the nose.

Another technique, found in **Zen**, is to gradually allow the breath to flow into the hara, the lower abdomen. Observe-visualize the breath flow down along the front of the body, naturally, at ease, and entering the hara, as one breathes out. Breathe in an effortless natural way. Out breaths go deep, effortless, slower, deeper, and longer than in breaths. In breaths are effortless, natural. When the Great Brightness of Zen appears, keep the awareness on the Great Brightness as well when one does the mediation. At early or even the final stages, the **Enso** that absorbs the outward vectors that generates the notion of form, may be held in awareness. The forms

disappear, and own form is the form that disappears all

form, the **Silver Enso.**

The breath gradually unveils the Light beyond the worlds. Union
the Light and Breath as one, and stay with the awareness
holding the Light and the Breath as one.

The Jedi adept now sees the inner and the outer as one function of the absolute, the
beyond appeared, the Great Light. The force is everywhere. The difference between
inner and the outer is understood as generated, non-existent. One abides thus
beyond, forms.

Stage 7. Understand the Matrix

The different, individual
sparks of awareness are
situated in different
DNA-CODE

pockets observing the world
phenomenon, and the possibilities
of what aspect of world evolution
to generate and hold is the DNA
code itself.

This stage of training is skipped for
the non mathematically inclined.
Though a few schools of Jedi to
this day maintain, none who pass
the stage will be allowed into the
order of the great
mathematical Jedi.

**Training in psychology
and adaptive-responsive
behavior strategies,**

Occur parallel to other trainings.
These include the ability to
immediately respond to any
situation, and with awareness,
training to attend to own health,
training in survival in difficult
situations. Training to maintain
health through proper diet and
other habits and so on. Among
other forms of training is also a
training in a system of medicine
analogous to the homeopathic
system found on earth. It is
virtually the same but for that
different substances not found on
earth and herbs from across the
galaxy are used in preparation of
the dilutions. Crude tonics which
are non-energetic dilutions are
generally not recommended given
they can weigh on the anatomy
adversely if taken in an unwise

Stage 8. Meditate on the Non-Permanent

Now the PreFinal stage is approached.
The Jedi should have progressed much in
study. Understand the way universe-
sensations, vedana, arises in own
awareness.

Every bodily or mental sensation arises,
is felt, that is held in perception, and
then disappears. Thus they are
impermanent and not the awareness
itself.

Mathematically, the sensing systems,
and the sensed are DNA-vectors at
interplay-processing, projecting further
DNA-vector forms. There is a universal
DNA, as Quantum physics suggests to
earthlings, the existence form requires
an awareness – beings’ awareness held
forms is the world-phenomenon. There
are visible and invisible beings. Parallel
dimensions of reality exist. Higher and
lower dimensions of reality exist.

The Jedi should have a strong
awareness. In fights, and in war, the Jedi
should be able to endure great impact,
and yet stay unaffected.

An analogy found in Buddhist teachings
on Vedana, feeling, from which the
related ideas in the Jedi corpus were
adapted and formed, is beneficial: When
hit by a dart, a negative sensation, one
observes the phenomenon and does not
allow a secondary sensation – such as an
associated one on the feeling or
psychological planes.

The idea of vedana-samjna niroddha samapatti is studied
and practiced as well, in warrior training.

“Wisdom
text this,
Share, One
Ought”- Yoda

way. The Jedi food is devoid of strong spices, done with gentle herbs, involves beef, wine, a kakao like plant, a extraterrestrial yak butter, and a strange kind of drink that appears similar in taste and texture, and nutrient quality to cow milk.

The Jedi in training keeps own environment clear, klaar, by discarding the unessential. The inner and the outer, is to be kept aesthetic, joyous. Joyousness of taste, for instance, is an integral aspect of health of the food in taken. Even regarding food the state of awareness in which it is to be done ought be klaar, joyous, easy, and pure.

In engaging the world forms, an element of joy ought always be kept alive. In advanced training, inner brightness is held despite the outward situation.

In advanced stages, The Jedi ought act or ease, one of which is often the other, as per the Force Impulse from beyond the worlds, appearing in the depths of own system. This in origin is beyond the world system, appearing through own Individual Soul, and that is the principle of own action. In fact for decisions such as what path to take in life, and so on the principle is to be relied on. Even in daily life, deciding on what book to read, what to have or have not for breakfast: Clear your thoughts, Analyze with reason, Trust yourself.

Action in alignment with the Self, Unveils the inner Brightness, the action done, one rests the awareness on the Inner Brightness Itself.

Jedis who train alone are often advised to hide their training from the greater world, for the protection – from the dark forces, and the dark forces manipulation of other humans around. That which doesn’t exist in the vision of the world, is impossible to be fought by the world.

Stage 9. One With the Force

The Jedi Absorbs the awareness into the Force-Light, the Thunder beyond the worlds. Own form as one with the Silver Thunder.

This

is finally to

be viewed from the absolute planes, and the idea of holding the awareness there or absorbing the awareness there then disappears. “To hold and be with effort, what one is, absurd I find is.” - Yoda